

LIFELONG RECREATION

Arts, Fitness, and Social Opportunities for People 50+



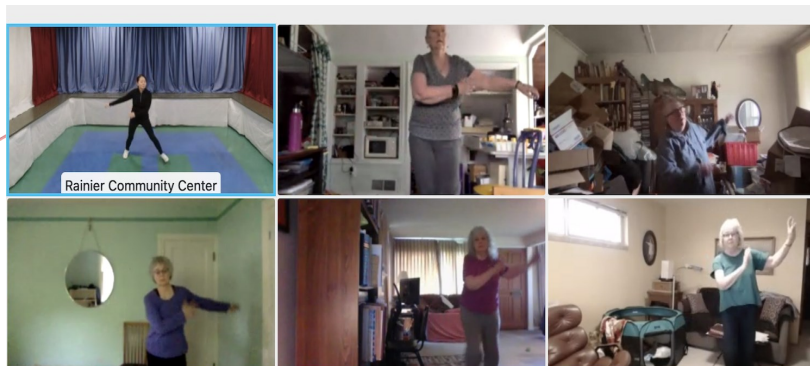
Seattle
Parks & Recreation

Autumn 2021

Session 1 September 7– October 23

Seattle Parks and Recreation safe return to programs: Our department is following guidance from the CDC and state and local government regarding the guidelines for pandemic safety. All participants entering our community centers must wear masks at all times, and maintain 6' social distancing. Please stay at home if you have any sign of illness. We will keep you posted if any changes are made in the current department policies as they occur.

Only people registered for programs will be allowed into community centers to participate. Please register in advance online or by phone at 206-684-5177 or call your local community center. At this time we are limiting class sizes indoors so we can insure 6' of social distance for participants.



Virtual Programs

Virtual Program Practice Sessions

Free

Practice signing in for and maneuvering in Webex so when your class starts, you are confident in how to make everything work for you. No pressure, just a chance to learn, troubleshoot and gain knowledge before your class starts.

42724	9/13	Mon	3 p.m.	42725	9/20	Mon	3 p.m.	42726	9/27	Mon	3 p.m.
42727	10/4	Mon	3 p.m.	42728	10/11	Mon	3 p.m.	42729	10/18	Mon	3 p.m.

Virtual Gentle Yoga

Stretch and move with awareness, correct alignment and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind.

42833	9/7-10/19	Tue	9:30 a.m.	H Mair	\$49
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Virtual Pilates

Stabilize and strengthen the core muscles of your abdominal and back while improving flexibility, and posture and overall strength.

42834	9/7-10/19	Tue	11:30 a.m.	D Dragovich	\$49
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In-Person Programs

Gentle Yoga

Stretch and move with awareness, correct alignment and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, poise, and peace of mind.

42732	9/13-10/18	Mon	10:00 a.m.	\$42	High Point	J Reed
42805	9/13-10/18	Mon	10:30 a.m.	\$42	Loyal Heights	R MacDonald
42740	9/13-10/18	Mon	9:00 a.m.	\$42	Meadowbrook	H Mair
42743	9/8-10/20	Wed	10:30 a.m.	\$49	Bitter Lake	H Karfalt
42839	9/9-10/21	Thu	9:15 a.m.	\$49	Northgate	F Marazzi

Vini Yoga

Stretch and move with awareness, correct alignment and a focus on breath to increase strength and stamina, improve flexibility, and develop better balance, posture, and peace of mind. Non-flow style. We recommend you bring your own equipment.

42721	9/10-10/22	Fri	9:30 a.m.	\$49	Magnolia	L Dunbar
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Pilates

Stabilize and strengthen the core muscles of your abdominal and back while improving flexibility, and posture and overall strength.

42840	9/8-10/20	Wed	11:30 a.m.	\$49	Magnuson Brig	D Dragovich
42835	9/9-10/21	Thu	5:00 p.m.	\$49	Northgate	D Dragovich

Chair Strength and Tone

Strengthen and tone all muscle groups for improved health and fitness in this low-level fitness class. Great for those who are just starting an exercise regimen, or those who need to stay fit but need the security of a chair.

42744	9/13-10/18	Mon	1:30 p.m.	\$42	Bitter Lake	D Dragovich
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Tai Chi All Levels

Practice a moving meditation using slow, relaxed and repetitive movements imitating the flow of air and water. All levels welcome.

43222	9/7-10/19	Tue	10:00 a.m.	Magnuson Brig	\$49	E Baxa
42703	9/8-10/20	Wed	10:30 a.m.	Green Lake	\$49	E Baxa
43223	9/10-10/22	Fri	8:45 a.m.	Meadowbrook	\$49	E Baxa

Tai Chi for Beginners

Practice Tai Chi, Qigong and related flow for a healthy body and mind. Slow, relaxed and repetitive movements imitate the flow of air and water. All levels welcome.

43404	9/14-10/19	Tue	10:00 a.m.	International CC	\$42	K Philomon
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Qigong and Beginning Tai Chi

Relaxing, ancient, meditative qigong moves, connected to the five elements, are taught followed by the beginning steps of the Yang style short form of Tai Chi. No experience necessary.

43216	9/9-10/21	Thu	12:30 p.m.	Northgate	\$49	A Peizer
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Strength and Conditioning

ENERGIZE your Thursdays stretching, swooping, and strengthening at 8:30am! Jane will wind you through a series of exercises to build strength, flexibility, balance and achieve better overall conditioning. This class will leave you feeling happy and connected.

42792	9/9-10/21	Thu	8:30 a.m.	Magnuson Brig	\$49	J Shearer
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Circuit Training

Become a stronger you! This class will use common items you have in your home to help you strengthen your muscles and improve your fitness level.

42851	9/7-10/19	Tue	9:30 a.m.	Loyal Heights	\$49	R Buyce
42852	9/9-10/21	Thu	9:30 a.m.	Loyal Heights	\$49	R Buyce
42719	9/10-10/22	Fri	9:30 a.m.	Bitter Lake	\$49	R Buyce

Zumba Gold

Ditch the workout, join the party! Fun is the key ingredient in this low impact Latin inspired dance fitness class. No rhythm or equipment required. You'll leave exhilarated and energized! Appropriate for all fitness levels. Meet at the front entrance of Delridge Community Center. Instructor: M. Jorgensen

[42733](#) 9/7-10/19 Tue 10:30 a.m. \$49 Delridge M Jorgenson

Rock n Roll Aerobics

Get in shape and have fun with an upbeat fitness class to Rock n' Roll music that will get your heart rate up , improve your stamina and flexibility. Class includes isolations, stretching and strength training as well.

[42903](#) 9/9-10/21 Thu 10:30 a.m. Northgate \$49 M Mish

Traditional & Contemporary Asian Dance Free!

Have fun while learning new dance moves influenced by Malaysian, Chinese and Vietnamese dance. No experience required. Class is delivered in English and Mandarin.

43363 10/9-12/18 Sat 2:00 p.m. Free Van Asselt S Ma

42462 10/6-12/15 Wed 6:00 p.m. Free Van Asselt S Ma

Soul Line Dance

Not just country! Line dance to an assortment of music genres, including soul, rhythm and blues and country. Work out your mind and body. Learn new dance patterns to all kinds of great music.

[42748](#) 9/10-10/22 Fri 10:15 a.m. Magnuson Brig \$49 M Silver

Rainbow Soul Line Dance

Especially for our LGBTQ friends! No partner needed and a great workout!

[43401](#) 9/13-10/18 Mon 11:15 a.m. Miller \$42 S Simmons

High Point Book Club

Meets Sept 9, Oct 14, *Nov 18, Dec 9. This is an active club seeking new members! Covid protocols communicated after registration.

[42809](#) 9/9-12/9 Thu 1:00 p.m. Free High Point



Thriller Dance

Learn the “Thrill the World” version of Michael Jackson’s “Thriller” dance. During this session you will learn all the steps and practice the entire dance (no dance experience necessary). If there is interest, the instructor will provide quick tips on Zombie makeup, character and costumes. All participants will receive a dance script so that you can practice at home. After this class you’ll be prepared to join in on the next Thriller flash mob or be the hit at your next party! The instructor is a professional dance and fitness instructor, performer, and has taught and performed Thriller since 2008.

[42734](#) 9/9-10/21 Thu 11:30 a.m. \$49 Delridge S Simmons

Fabulously Fit

Learn how to improve endurance, strength, agility, core, balance, posture, and range of motion.

[42742](#) 9/8-10/20 Wed 9:30 a.m. \$61 Magnolia K Adolphsen

Fitness at Delridge

Build total body muscle strength using fitness bands, free weights and floor work. Improve balance, flexibility and agility. The instructor is a professional dance and fitness instructor and performer. Please bring weights to class

[42807](#) 9/8-10/20 Wed 10:30 a.m. \$49 Delridge S Simmons

Enhance Fitness

Improve your endurance, strength, balance, posture, and flexibility through adaptable exercise movements. Standards for measurement will document your progress. All participants, former and new, must submit screening forms prior to registration. **For required registration forms please contact Cheryl at cheryl.brown@seattle.gov.** Free to Kaiser Permanente members with Part B Medicare coverage. American Specialty Health (ASH) Silver and Fit will cover in person classes and is limited to 10 visits a month.

EnhanceFitness for those paying privately (not Kaiser Permanente or ASH members)

43209	9/13-10/18	Mon	10:30 a.m.	\$42	Rainier	V Bowles
42739	9/7-10/19	Tue	12 noon	\$49	Magnolia	K Adolphson
43207	9/8-10/20	Wed	10:30 a.m.	\$49	Rainier	Y Gartz
42804	9/8-10/20	Wed	9:30 a.m.	\$49	Meadowbrook	C House
42802	9/9-10/21	Thu	9:30 a.m.	\$49	Magnuson Brig	J Shearer
42737	9/9-10/21	Thu	12 noon	\$49	Magnolia	K Adolphson
43215	9/10-10/22	Fri	10:30 a.m.	\$49	Rainier	Y Gartz
42798	9/10-10/22	Fri	9:30 a.m.	\$49	Meadowbrook	C House

EnhanceFitness with Kaiser Permanente Medicare Part B American Specialty Health (ASH) Silver and Fit is not covering free virtual programs at this time. Members can register at full rate.

43208	9/13-10/18	Mon	10:30 a.m.	no fee	Rainier	V Bowles
42738	9/7-10/19	Tue	12 noon	no fee	Magnolia	K Adolphson
43206	9/8-10/20	Wed	10:30 a.m.	no fee	Rainier	Y Gartz
42799	9/8-10/20	Wed	9:30 a.m.	no fee	Meadowbrook	C House
42803	9/9-10/21	Thu	9:30 a.m.	no fee	Magnuson Brig	J Shearer
42736	9/9-10/21	Thu	12 noon	no fee	Magnolia	K Adolphson
43214	9/10-10/22	Fri	10:30 a.m.	no fee	Rainier	Y Gartz
42797	9/10-10/22	Fri	9:30 a.m.	no fee	Meadowbrook	C House



Pickleball

Pickleball Skills and Drills

Come see why Pickleball is the fastest growing sport in America. It's great for the mind, body and making connections with fun people. Each session includes dedicated practice & drills to improve skills- like dinking, lobbing, and servicing. You'll then have chance to put those new skills to use in open play. New students and intermediates welcome - no equipment required.

[43305](#) 9/27-10/18 Mon 11:30 a.m. \$12 High Point M Anderson

[43304](#) 9/9-10/21 Thu 10:15 a.m. \$21 Delridge D Magee

Drop In Pickleball

Pickleball is the fastest growing sport in the U.S. It's easy for beginners to learn, it's healthy and OPEN to ALL! Pickleball play is outdoors only until October 4. At that time we hope to be indoors. Playing inside will require wearing masks at all times. There will be limited numbers of players allowed in the building at a time, overflow will be invited to play outside. You must register in advance to play, as only participants registered for programs will be allowed into the community centers.

10/4-12/27	M/W/F	10 a.m.	Free	Miller
10/4-12/31	M/T/W/F	10 a.m.	Free	Delridge
10/4-12/17	M/W/F	10 a.m.	Free	High Point
10/5-12/17	T/F	10 a.m.	Free	Bitter Lake
10/6-12/17	W	10:15 a.m.	Free	Garfield
10/4-12/17	M/W/F	11 a.m.	Free	Northgate
10/9-12/18	Sat	11:30 a.m.	Free	Green Lake





Watercolor

Bring your paints, brushes, and joy of painting. A demonstration is taught after each lesson with instruction. All skill levels welcome.

[42791](#) 9/9-10/21 Thu 10 a.m.-12:30 p.m. Magnuson Brig \$95 S Kahler

Brig Artist Studio

In this 4-hour, mentored art studio class you will work independently on your artwork in a supportive encouraging and friendly group. All levels are welcome and must be able to work independently. Individual and group critiques are given each class. All mediums welcome. Students are responsible for their own art supplies.

[42793](#) 9/10-10/1 Fri 10 a.m.-2 p.m. Magnuson Brig \$128

Bystander Training : Hate Crime Responses– Hybrid Event (in person and virtual)

Wondering what you would do if you witnessed racial harassment or violence in public? Imagine if someone approaches a person near you and starts saying racist slurs at them. In this one-hour session, you will learn to identify, report and safely respond to hate and bias crimes as a bystander. Class is presented by CISC and is offered in English, Cantonese, and Mandarin.

This presentation is a hybrid event, presented simultaneously, in person and virtual. To enroll in the virtual presentation via Webex, use this link: <https://bit.ly/bystanderNorth>

To enroll for the in person event click here or call 206-684-5177 and use the activity code #43252. The in person event will be at Northgate Community Center. You may choose to enroll in both so you have the option of attending in person or virtual. There is a limit on the number of attendees for the in person program. This class will be offered in person in other sectors.

[43252](#) 10/20 Wed 11:00 a.m. FREE Northgate/Webex

Sound Steps Walks



Ship Canal Walk

This six mile walk will go across the Fremont Bridge, along the Ship Canal and back again. Meet at the Ballard Fred Meyer main building entrance at 915 NW 45th St. Several restroom stops along the way. Bring water, snacks and dress for the weather! Led by volunteer walk leader Mark Blitzer.

[43402](#) 9/13 Mon 9 a.m. Free

Lake Union Loop

Another 6 mile walk around beautiful Lake Union, mostly flat. Start and end at Gasworks Park. Several restroom stops along the way. Bring water, snacks and dress for the weather! Led by volunteer walk leader Mark Blitzer.

[43403](#) 9/27 Mon 9 a.m. Free

Magnuson Park Historical Walk- Untold Stories

This historical walk will explore the lesser-known stories of BIPOC, AAPI, and other marginalized communities' utilization of Magnuson Park in the past. Discussion will highlight: Indigenous uses of the park, the Black-led swing scene in the 40s, Filipino-American experiences at the old Base, and experiences of women who were a part of WAVES. Additionally, the tour would provide participants information on architecture and the PNW military history. Meet in front of Magnuson Hangar 30. Led by Elisa Law.

[43412](#) 10/11 Mon 10 a.m. Free

Volunteer Walk Leaders Needed!

The Sound Steps walking program provides opportunities for fitness and socialization, as well as exploration. We rely on community members to design and lead walks that are of interest to the community. Many of you have a favorite route, park, or knowledge of an area. One-time walks, short series, or ongoing weekly walks are all possible and welcome! If you'd like to share a walk with others, please contact tamara.keefe@seattle.gov or 206-399-4655 so that we can create opportunity together!

In Person Program Sites



Northwest: Carol Baxter-Clubine, Recreation Specialist

206-233-7138/ cell 206-399-8561/ carol.baxter@seattle.gov

Bitter Lake CC

13035 Linden Ave. N, 98133

Tel: 206-684-7524

Green Lake CC

7201 E Green Lake Dr. N, 98115

Tel: 206-684-4052

Magnolia CC

2550 34th Ave. W, 98199

Tel: 206-386-4235

Loyal Heights CC

2101 NW 77th St., 98117

Tel: 206-684-4052

Northeast: Robin Brannman, Recreation Specialist

206-386-9106/ cell 206-300-2043/ robin.brannman@seattle.gov

Magnuson Brig

6344 NE 74th St., 98115

Tel: 206-386-9106

Meadowbrook CC

10517 35th Ave. NE, 98125

Tel: 206-684-7522

Northgate CC

10510 5th Ave. NE, 98125

Tel: 206-386-4283

Central/Rainbow Recreation: Cheryl Brown, Program Coordinator

206-615-0619/cheryl.brown@seattle.gov

Miller CC

330 19th Ave. E, 98112

Tel: 206-684-4753

Montlake CC

1618 E Calhoun St., 98112

Tel: 206-684-4736

Garfield CC

2323 E Cherry St., 98122

Tel: 206-684-4788

Southwest: John Hasslinger, Recreation Specialist

206-256-5403 /cell 206-423-3988/ john.hasslinger@seattle.gov

Delridge CC

4501 Delridge Way S, 98106

Tel: 206-684-7423

High Point CC

6920 34th Ave S.W, 98126

Tel: 206-684-7422

Southeast: Anne Nguyen, Recreation Specialist

206-684-7484/ cell 206-310-8163/ john.hasslinger@seattle.gov

Rainier CC

4600 38th Ave. S, 98118

Tel: 206-386-1919

Van Asselt CC

2820 S Myrtle St., 98108

Tel: 206-386-1921

International District CC

719 8th Ave. S., 98104

Tel: 206-233-0042

Sound Steps: Tamara Keefe, Recreation Specialist

206-684-4664 cell 206-399-4655/ tamara.keefe@seattle.gov



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